


VISIT OUR 1st FLOOR
KIOSK FOR
GRAB-N-GO ITEMS!



10/17/2015 0:00

CHERYL D. CLARKE
SFC, SP
Nutrition Care Division

WEEK 1							
SUNDAY		MONDAY		TUESDAY		THURSDAY	
18-Oct-2015		19-Oct-2015		20-Oct-2015		22-Oct-2015	
23-Oct-2015		24-Oct-2015		21-Oct-2015		22-Oct-2015	
GREAT BEGINNINGS BREAKFAST MENU		Fresh Fruit, Fruit Juices (V) Oatmeal/Grits (V)		Biscuit Rolls Oatmeal/Grits (V)		Breakfast Burrito Oatmeal/Grits (V)	
MON - FRI 0600-0900 WKND & HOLIDAYS 0700-1000		French Toast (V) Hash Brown Patties		Pancakes (V) O'Brien Potatoes		Waffles (V) Hash Brown Casserole	
FEATURING: OMELETS MADE TO ORDER MADE FRESH DAILY		Eggs/Omelets to Order Bacon/Sausage Sausage Gravy/Biscuits		Bacon/Sausage Turkey Links Sausage Gravy/Biscuits		Bacon/Sausage Turkey Links Sausage Gravy/Biscuits	
PANINI OF THE DAY		Soup of the Day		Philly Cheesesteak		Rueben Sandwich	
SOUPS		Pot Roast		Chili		Chili	
MID-DAY FARE LUNCH MENU		Mashed Potatoes w/ Gravy Macaroni and Cheese		GLWACH Tortilla Soup Black Bean & Cheese Enchilada (V)		Chicken Noodle Soup General Tso's Chicken	
MON - FRI 1100-1400 WKND & HOLIDAYS 1000-1400		Spaghetti w/ Meat Sauce Spaghetti w/Marinara Sauce		Beef /Chicken Fajitas Lemon Garlic Tilapia		Shrimp and Grits Smothered Porkchop	
FEATURING: FRESH GRILLED ITEMS WRAPS & DELI SANDWICHES		Green Beans (V) Home-style Dinner Rolls		Mexican Rice Refried Beans (V)		Parmesan Crusted Tilapia Mongolian Beef	
Try our Vegetarian (V) Options! 		Dessert of the Day		WING WEDNESDAY Mashed Potato (V) Fried Okra (V)		Baked/Fried Catfish Barbecued Ribs	
		Beef Stroganoff Breaded Mushrooms (V) Antigua Vegetables (V) Broccoli Spears w/ Cheese Sauce Garlic Bread Strawberry Cream Pie/Parfait BAKED POT/SWT POT BAR		Zucchini w/ Stewed Tomatoes (V) Mixed Vegetables (V) Chicken Taquitos Coconut Cream Pie/Parfait TACO SALAD BAR		Jasmine Rice (V) Fried Rice Asian Fried Cabbage (V) Japanese Vegetables (V) Vegetable Egg Rolls (V) Carrot Cake/Parfait BULGOGI BAR	
						Macaroni and Cheese (V) Red Beans and Rice (V) Collard Greens w/ Ham Hocks Glazed Carrots (V) Corn Muffins/Biscuits PIES & COBBLER BAR	